

# NEWSLETTER

## August 2023

Summerville Healthcare, (071)912 8430



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# Editor's Desk

Hello Residents, Families and Friends!

Welcome to our August edition of the Summerville Healthcare newsletter,

These monthly newsletters are created for family residents and staff to give updates on the activities, events, and general goings on at Summerville.



Hope you enjoy reading.

*Charlotte Probst*

## August Trivia

August was named in honor of Augustus Caesar. It has 31 days because Augustus wanted as many days as Julius Caesar's month of July had!

Zodiac signs: **Leo & Virgo**  
Birthstone: **Peridot**  
Flower: **Gladiolus**

## Quote of the Day

Life is 10% what happens to you and  
90% how you react to it.

- Charles R. Swindoll

# Month in Review

## Activity Spotlight 1

Bernice turned the big 80<sup>th</sup> on the 31<sup>st</sup> of August, Happy birthday Bernice!!.



## Activity Spotlight 2

Frank is new to our Summerville family and got to enjoy his 79<sup>th</sup> and first birthday here with us, hope you had a lovely birthday day and may we get to celebrate many more with you.

## Activity Spotlight 3

Heather Blackwell also celebrated her 99<sup>th</sup> Birthday this month, well done Heather we hope you had a lovely day with family and friends.



# Month in Review



**Wow Christina 100 Years young.  
A huge Congratulation from all your  
Summerville Family, although the big day  
was the 6th of July, we know you enjoyed the  
big party on the 11<sup>th</sup> of August with all your  
family.**



**Alife also had a wee birthday cake with us  
this month hope you too had a wonderful  
day.**

# Upcoming Events

Residents meeting

Thursday 27th of July 2pm, back sitting room

Mass

Thursday 24th of August 3:00pm, Recreation Area



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## Regular Events

Catholic in-house Mass once a month

Hairdresser every Tuesdays and Thursday from 11am

Bingo! Every Friday @ 2pm

Services for church of Ireland members is the first Tuesday of the month.

# August 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

**We hope everyone enjoys the last few weeks of summer Form all the Staff at Summerville**

	Yoga @11am Flowers @2pm Music @3pm	1	Room visits @ 10am Chair Exercise @11:30am volleyball @2pm	2	Room visits @10am Baking cookies @11:30am Music with watermelon snacks @3pm with Aileen	3	Room visits @ 10am Chair Exercise @11:30am Bingo @2pm	4	room visits @11am mass on TV in lobby @11 Baking @ 11:30 nails @ 12am arts and crafts @2pm	5	room visits @11am Mass on T.V @11am mediation at 11:30 am ball games @2pm	6
Chair Exercise @11:30am Quiz @2pm	Yoga @11am Flowers @2pm Music @3pm	7	Room visits @ 10am Chair Exercise @11:30am volleyball @2pm	8	Room visits @10am Baking cookies @11:30am Music with watermelon snacks @3pm with Aileen	9	Room visits @ 10am Chair Exercise @11:30am Bingo @2pm	10	room visits @11am mass on TV in lobby @11 Baking @ 11:30 nails @ 12am arts and crafts @2pm	11	room visits @11am Mass on T.V @11am mediation at 11:30 am ball games @2pm	12
Chair Exercise @11:30am Quiz @2pm	Yoga @11am Flowers @2pm Music @3pm with some finger food	14	Room visits @ 10am Chair Exercise @11:30am volleyball @2pm	15	Room visits @10am Baking cookies @11:30am Music with watermelon snacks @3pm with Aileen	16	Room visits @ 10am Chair Exercise @11:30am Bingo @2pm	17	room visits @11am mass on TV in lobby @11 Baking @ 11:30 nails @ 12am arts and crafts @2pm	18	room visits @11am Mass on T.V @11am mediation at 11:30 am ball games @2pm	19
Chair Exercise @11:30am Quiz @2pm	Yoga @11am Flowers @2pm Music @3pm	21	Room visits @ 10am Chair Exercise @11:30am volleyball @2pm	22	Room visits @10am Baking cookies @11:30am Music with watermelon snacks @3pm with Aileen	23	Room visits @ 10am Chair Exercise @11:30am Bingo @2pm	24	room visits @11am mass on TV in lobby @11 Baking @ 11:30 nails @ 12am arts and crafts @2pm	25	room visits @11am Mass on T.V @11am mediation at 11:30 am ball games @2pm	26
Chair Exercise @11:30am Quiz @2pm	Yoga @11am Flowers @2pm Music @3pm	28	Room visits @ 10am Chair Exercise @11:30am volleyball @2pm	29	Room visits @10am Baking cookies @11:30am Music with watermelon snacks @3pm with Aileen	30		31				

# August Birthdays

In August, we celebrate birthdays with:

- **Heather Blackwell**
  - **Geraldine Burns**
  - **Bernice O’Gara**
  - **Frank Gillen**
- **Bride Harte**
  - **Alfie Quigley**
  - **Joan Hamilton**



Tony Bennett – Singer – 3rd of August 1926  
Dustin Hoffman, Actor, 8<sup>th</sup> August 1937  
Melanie Griffith, Actor, 9<sup>th</sup> August 1957  
Magic Johnson, Basketball Player, 14<sup>th</sup> August 1959  
Madonna, singer, 16<sup>th</sup> August 1958  
Robert De Niro, Actor, 17<sup>th</sup> August 1943  
Patrick Swayze, Actor, 18<sup>th</sup> August 1952  
Bill Clinton, 42<sup>nd</sup> President of the US, 19<sup>th</sup> August 1946  
Sean Connery, Actor, 25<sup>th</sup> August 1930  
Michael Jackson, Singer, 29<sup>th</sup> August 1958

## **Leo (July 22 -August 21)**

Lovable Leos are famously known for their exuberance, loyalty, and self-confidence.

## **Virgo (Aug 22 – Sep 22)**

Virgos are logical, practical, and systematic in their approach to life. They are perfectionists at heart.

WOW!

## **August in History: Pluto Downgraded**

The redefinition of Pluto as a "dwarf planet" in 2006 by the International Astronomical Union prompted scientific discussions, reshaped our understanding of the solar system, and sparked renewed curiosity about celestial objects.

# A Poem to Share

## *Hope is the thing with feathers*

*By Emily Dickinson*

Hope is the thing with feathers.  
That perches in the soul,  
And sings the tune without the words,  
And never stops at all,

And sweetest in the gale is heard.  
And sore must be the storm.  
That could abash the little bird.  
That kept so many warm.

I've heard it in the chilliest land,  
And on the strangest sea.  
Yet, never, in extremity,  
It asked a crumb of me.

"Hope is the thing with feathers" by Emily Dickinson beautifully personifies hope as a bird that resides in the soul and uplifts the spirit. The poem suggests that hope is a constant companion, singing its tune regardless of the circumstances. It conveys the resilience of hope, even in the face of adversity, and emphasizes that hope requires nothing in return.



# Noticeboard



## CAN YOU CONTRIBUTE?

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Contributions to our newsletter are encouraged and appreciated!

Articles, photos, reports on community outings, staff news, trivia, poems, and amusing stories relating to residents and staff are most welcome.

Please hand in your submission to reception or email us anytime.

Thank you!

## CONTINUOUS IMPROVEMENT

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Residents, families, and friends are reminded that there are a number of avenues available for you to express your views, suggestions, and complaints. There are feedback forms available in the Aqua Room. We are happy to receive feedback at any time and strongly encourage everyone to contribute so that we can ensure that we continue to do the BEST we can.

# Noticeboard



## THANK YOU

We would like to issue a heartfelt thanks to relatives and volunteers who support us day in and day out. You make such a difference, and we so very much appreciate your time and energy.

## HAIRDRESSER

We have a hairdresser who attends every Tuesday and Thursday. If you would like an appointment please talk to reception or ask a staff member to write your name down in the hairdressers book.

## CULTURAL CELEBRATION

We celebrated mass on the 31st August, 2023. Fr Leo presides.

# Laughing Matters



## The Celebrity

One day a famous old Celebrity went to a Nursing Home to see all his friends again and see how everyone was doing.

When he got there, he was immediately greeted by everyone because they recognized him instantly.

He said hi to all his friends warmly but then noticed one man didn't say anything to him, or even give him a glance.

This was puzzling. Didn't the man know who he was? Surely, he'd seen some of his movies or his TV show! He finally decided to talk to the man.

The Celebrity went up to the old man and stood in front of him, asking: "Do you know who I am"?

The old man looked at him and quickly said: "No, but you can go to the front desk, and they'll tell you".

## Missing

I've hunted near, I've hunted far,  
I even looked inside my car,

I've lost my glasses, I'm in need,  
To have them now so I can read.

I loudly swear, and I curse,  
Did I leave them in my purse?

Are they behind the sofa or under the bed?  
OH! there they are - on my head!

By Anne Scott

# Word Search

## CAT BREEDS



B O E H R D B I R M A N M T  
U M A I N E C O O N Q Y O U  
R B N M T L I B O B T A I L  
M O G A P E R S I A N N A M  
E M O L O E S P H Y N X Q J  
S B R A G E T R B E N G A L  
E A A Y J R A G D O L L S Z  
B Y O A T B U R M I L L A M  
L T B N T O N K I N E S E A  
O S I B E R I A N V Y U U N  
C M L G Y S N O W S H O E X  
R U S S I A N B L U E C R A  
D X C H A R T R E U X L A B  
J T L S I A M E S E A K Z B

Siamese  
Angora  
Burmese  
Chartreux  
Burmilla

Ragdoll  
Bengal  
Bombay  
Siberian  
Tonkinese

Russian Blue  
Himalayan  
Toyger  
Maine Coon  
Bobtail

Sphynx  
Birman  
Manx  
Snowshoe  
Persian